

INDIANA FAMILY AND
SOCIAL SERVICES
ADMINISTRATION /
MENTAL HEALTH AND
ADDICTION

Larue D. Carter Memorial Hospital
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Our Vision:

To serve the citizens of Indiana as a center of excellence in mental health.

Our Mission:

To provide specialized treatment, education, and research in the field of mental health.

- Teaching
- Research
- Treatment

The Carter Insider

Editor: Deb Doty
This Month's Contributors:
Jaclyn Blunk, Becky Dutton, Paula McAfee, Kathy Scott, Kausar Siddiqi, Indu Vohra, Michelle White, Mike Wolf

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Volume 8, Issue 4

April 2012

Be in the Know and Avoid the Tow!

To be in accordance with state law, the hospital has had to make changes in our handicap parking areas. Several of our handicap spots were required to be van accessible; therefore, additional space and unloading lines had to be added. Also, orange cones have been placed at the unloading areas. Vehicles with handicap placards and/or plates must park between the lines and **not** in or on the unloading lines.

Security staff have been placing warning violations on vehicles, but **starting April 2, 2012, any vehicle parked on the unloading areas will be towed—even if it has a**

handicap plate/placard. Security staff members do not want to tow a vehicle, and will do so as a last resort. But everyone needs to be aware that security staff are prepared to have any vehicle towed if the law is violated.



As always, vehicles parked in other "no parking" areas will be towed if necessary. Other

"no parking" areas include:

- state vehicle parking
- contractor parking
- visitor parking
- yellow curbs
- fire lanes
- employee of the month spot
- doctor parking

The safety and security staff—as well as the superintendent—thank all those employees who abide by the hospital rules and park their vehicles correctly.

Gas Mileage Myths

With gas prices increasing (and predicted to skyrocket by summer), it's important to know how to get the best gas mileage possible. Unfortunately, mileage scams and myths are also increasing. Here is some important information you need to be aware of:

Air Conditioning

Using your A/C does make the engine work harder and that decreases gas mileage. But driving with your windows open increases aerodynamic drag, which also decreases mileage. So, choose whatever makes you more comfortable. When you're comfortable, you are more alert and that makes you a better driver.

Premium Gas

Unless you have a high-performance vehicle that requires expensive premium, choose regular. Premium won't help your mileage.

Gas Additives

While it's true that some additives may increase mileage slightly by cleaning your vehicle's fuel injector, for the most part, additives don't provide enough of a difference to justify their cost.

Gas Filters

With older cars, replacing a dirty filter will help mileage. But newer cars automatically adjust the air-to-fuel ratio, which

keeps mileage constant.



Gas-saving Devices

With the increase in gas prices, all kinds of "gas-saving" gizmos have flooded the market. These devices make exorbitant claims about how they will boost your gas mileage. But *Consumer Reports* says that none of the gizmos work, so don't waste your money on them.

Quality Checkpoint by IOP Director Indu Vohra



Once again this month, we want to make sure that we do our best to be continually ready for visits from Joint Commission. With that goal in mind, here are this month's readiness questions!

Question One: What is the PPR survey?

- A. "Periodic Performance Review" survey of employees
- B. Joint Commission required "Periodic Performance Review" survey of all applicable standards annually
- C. "Periodic Publications Review" for all LCH library holdings.

Question Two: When will the PPR survey be conducted

at LCH?

- A. December 2012.
- B. It's an on-going survey.
- C. Between February and April 2012, with submission due by April 22, 2012.

Question Three: Patients have the right to refuse care, treatment, and services.

- A. True
- B. False

Question Four: An RN is required to complete the nursing assessment.

- A. True
- B. False

Question Five: Two patient identifiers are needed for delivering special diets to patients.

A. True

B. False

Correct Answers:

Question One: B

Question Two: C

Question Three: A

Question Four: A

Question Five: A

LCH is currently conducting the Joint Commission (TJC) required annual Periodic Performance Review (PPR) survey for self-assessment and measurement of compliance with TJC standards. The results of the PPR survey will be submitted by the April 22 deadline.

HeRe for YOU! by HR Director Becky Dutton



Happy Spring! Looking ahead to April, there are some exciting opportunities coming.

April 6: Good Friday. Enjoy the holiday!

April 10: We'll be having New Employee Orientation. This looks to be a fairly large class, so lots of new folks will be coming on board. Please be sure to come to the dining hall during lunchtime and enjoy some cookies and punch. Take a moment to say hello and welcome these new folks. Feedback tells us that new

people really like the warm LCH welcome they receive. Please note that there will be several parking spots blocked off that day for their use, so just grin and enjoy a few extra healthy steps to the front door. I am still looking for two volunteers for building tours that afternoon.

April 12: The next Safety Survey will be on April 12. If you wish to volunteer, please let me know, and we'll get you signed up. These opportunities not only help you grow professionally, but they also add an-

other "plus" to your fact file for performance review purposes.

April 18: LCH will be part of the 6th annual "Operation: Hire a Hoosier Veteran" career fair, which will take place at Stout Field (Building 9), 2002 S. Holt here in Indy. Over 130 employers will be participating in the event. The career fair seeks to share the wealth of skills our veterans can provide to Indiana employers—and hopefully many will be able to share their talents with LCH!



Daniel Carrico
April Employee of the Month

LCH Potpourri

Congratulations to Daniel Carrico (BHRA) on being named LCH's Employee of the Month for April! Daniel exemplifies the team approach and has unswerving commitment to his patients. He is also a Bridge Building instructor.

We say farewell to: Paula Foster (Account Clerk), **Melody Fuse** (BHRA), **Theresa Johnson** (Food Service Supervisor), **Mark McGoun** (BHRA), **Faye Rupert** (Charge Nurse Supervisor), and **Tonya Williams** (Food

Service).

Best wishes to Larry Gambles (Food Service) and **Lonnie Tate** (Food Service) as they retire.



National Nutrition Month by Kausar Siddiqi and Jaclyn Blunk, Registered Dietitians

The winners of the annual National Nutrition Month unit decorating contest were:

- **4B and 4E:** Winners (tied)
- **2A:** Most Original
- **2C:** Best Story Line
- **3A:** Most Improved
- **3C:** Most Creative
- **3E:** Most Participation

Special thanks go to **Larry Lisak, Mike Logar, Paula McAfee, and Todd Peters** for serving as contest judges. We also want to thank everyone who participated and helped with activities in any way. It would not have been possible to have such a successful National Nutrition Month without your support and encouragement.



photos by Kausar Siddiqi

Preventing Repetitive Stress Injuries



What do tennis players, video-gamers, master carpenters, and desk workers have in common? They're all at risk for injuries that occur from repeating the same movements over and over. Repetitive stress injuries (RSIs) are caused when too much strain is placed on a particular part of the body, resulting in aches, pains, swelling, and stiffness. Here are three of the most common RSIs and tips to help prevent them:

Carpal tunnel syndrome

This condition feels like a sharp

shooting pain and is caused by a pinched nerve in your wrist. To help prevent it, relax your grip. There are no proven strategies to prevent carpal tunnel, but reducing the force when you hold a pen or punch calculator keeps can help minimize the stress on your hands and wrist.

Bursitis

When your knee, elbow, or shoulder is overused and the bursa (a small, fluid-filled sac that acts as a cushion for a joint) becomes inflamed, that's

bursitis. To prevent it, use pads—kneepads for kneeling, elbow pads for leaning, etc. And use a cart to wheel heavy items to relieve the stress on your shoulders.

Tendonitis

Tennis elbow and swimmer's shoulder are some of the common tendon problems. To prevent them and other RSIs, take breaks. Alternate repetitive tasks/exercises/activities with rest and other non-repetitive movements.

April, 2012—Alcohol Awareness Month

This Year's Theme is: "It only takes ONE to make a difference—I can be the one!"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
AA meeting, 7pm		Drop-in activities, 12pm to 1pm	AA meeting, 6pm	Drop-in activities, 12pm to 1pm	Self-help drop-in, 11am to 12pm	
8	9	10	11	12	13	14
AA meeting, 7pm		Drop-in activities, 12pm to 1pm	<u>Parade for Recovery and Poster Contest.</u> Adults- 1pm Youth- 3:15pm	Drop-in activities, 12pm to 1pm	Self-help drop-in, 11am to 12pm	
15	16	17	18	19	20	21
AA meeting, 7pm		Drop-in activities, 12pm to 1pm	<u>Training for Staff and Adult Patients.</u> 2pm AA meeting, 6pm	Drop-in activities, 12pm to 1pm	Self-help drop-in, 11am to 12pm	
22	23	24	25	26	27	28
AA meeting, 7pm		Drop-in activities, 12pm to 1pm	AA meeting, 6pm	<u>Talent Show Rehearsal,</u> Adults- 2pm Youth- 3:15pm	<u>Talent Show.</u> 1pm	
29	30					
AA meeting, 7pm						